



Low-Carb Italian Cooking: with The Love Chef

Francis Anthony

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At last, you can enjoy all the delights of delicious Italian food without the carbs. In this essential book, The Love Chef walks you through a variety of mouthwatering dishes from every region of Italy. You'll find your favorites (and maybe you'll even discover some new ones) as Francis Anthony presents fantastic Italian cuisine to fit the requirements of today's low-carb lifestyle without sacrificing the taste.

Featured here are 150 incredible recipes for complete meals ranging from appetizers to desserts. Enjoy Cauliflower Soup with Pesto, Beef Tenderloin Roasted in Herbs, Halibut Puttanesca, Turkey with Spinach and Pine Nuts, topped off with delicious desserts like Amaretto Strawberries with Almond Meringue or Chocolate Granita Espresso to satisfy your sweet tooth..

Show your loved ones how much you care by preparing these gourmet low-carb dishes.

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